

# So You've had Gua Sha!

Some things you should know.

## Why was it done?

To either reduce muscle tension or help you recover from a cold or flu sooner.

## What does it do?

It uses a scraping of the skin to bring underlying stagnation to the surface. On the surface this tension is easier to resolve.

## Why does it look so bad?

Actually, the darker the marks, the more effective the treatment was. The bruise acts as a catalyst to help the body deal with a larger issue.

## How long will it look like this?

The marks could last from 3-5 days.

## What will I feel?

You might feel slightly sore, like muscular soreness or tenderness. You might feel tired, or you might feel energized.

## Aftercare Instructions:

- Avoid drinking alcohol for 24 hours
- Avoid exposing your cupped area to wind or cold.
- Avoid going in the ocean or swimming
- Avoid Greasy Foods for 24 hours
- Tell your loved ones, show them this handout
- Drink lots of water for the next day

# Gua Sha 101

Gua Sha, also known as 'coining' has been around for thousands of years in many cultures as a way to deal with health problems. Though we may use it to deal with muscle tightness, it is also known for its ability to resolve colds, flu, and upper respiratory problems.

Here is a picture of someone receiving gua sha. Note the bruising effects. These marks are completely normal for this therapy and can range from light pink to red to purple or black.



If you have any other questions please don't hesitate to call  
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